



Apple-Cranberry Strudel

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 2 cups apples chopped
- ☐ 0.5 cup cranberries fresh
- ☐ 0.5 cup sugar
- ☐ 0.5 cup walnut pieces finely chopped
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 teaspoons juice of lemon
- ☐ 8 sheets dough frozen thawed () (filo)
- ☐ 0.3 cup butter melted

☐ 4 tablespoons breadcrumbs plain

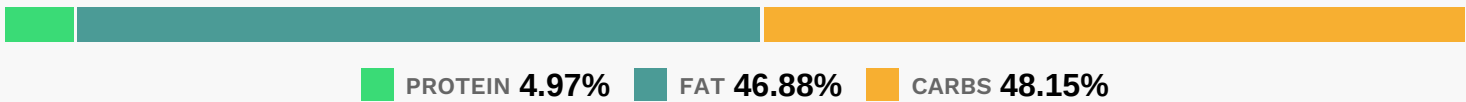
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Heat oven to 375°F. Grease 15x10x1-inch baking pan. In medium bowl, combine apples, cranberries, sugar, walnuts, lemon peel and lemon juice; toss to coat.
- ☐ Unroll phyllo sheets; cover with plastic wrap or towel.
- ☐ Place 1 phyllo sheet on piece of plastic wrap.
- ☐ Brush with butter; sprinkle with 1 tablespoon bread crumbs. Repeat layering with remaining phyllo sheets and butter, sprinkling 1 tablespoon bread crumbs on every other sheet. (Top phyllo sheet should be brushed with butter only).
- ☐ Spoon apple mixture over phyllo stack to within 2 inches of each edge; press lightly. Fold shorter sides of phyllo up over filling. Starting with longer side and using plastic wrap, lift phyllo and carefully roll up jelly-roll fashion.
- ☐ Place, seam side down, in greased pan. Make several crosswise cuts in top of roll.
- ☐ Brush top with any remaining butter.
- ☐ Bake at 375°F. for 20 to 25 minutes or until golden brown. Cool at least 15 minutes before serving. To serve, cut into slices.

Nutrition Facts



Properties

Glycemic Index:31.89, Glycemic Load:13.87, Inflammation Score:-3, Nutrition Score:5.3686956141306%

Flavonoids

Cyanidin: 3.59mg, Cyanidin: 3.59mg, Cyanidin: 3.59mg, Cyanidin: 3.59mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.08mg, Peonidin: 3.08mg, Peonidin: 3.08mg, Peonidin: 3.08mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 259.84kcal (12.99%), Fat: 13.95g (21.46%), Saturated Fat: 5.66g (35.37%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 30.16g (10.97%), Sugar: 16.57g (18.42%), Cholesterol: 20.34mg (6.78%), Sodium: 189.92mg (8.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.65%), Manganese: 0.42mg (21.01%), Vitamin B1: 0.18mg (12.2%), Selenium: 6.22µg (8.89%), Fiber: 2.08g (8.32%), Copper: 0.16mg (8.07%), Folate: 30.8µg (7.7%), Vitamin B2: 0.11mg (6.54%), Iron: 1.13mg (6.26%), Vitamin B3: 1.23mg (6.14%), Phosphorus: 54.33mg (5.43%), Vitamin A: 258.65IU (5.17%), Magnesium: 18.79mg (4.7%), Vitamin C: 3.21mg (3.9%), Vitamin B6: 0.07mg (3.43%), Vitamin E: 0.43mg (2.87%), Potassium: 98.75mg (2.82%), Zinc: 0.42mg (2.8%), Vitamin K: 2.66µg (2.54%), Calcium: 23.59mg (2.36%), Vitamin B5: 0.18mg (1.77%)